



Banana Oatmeal Bread



Category: Grain/Bread

Smart Snack: Meets Criteria

Ingredients	For 16 Servings		Directions
	Weight	Measure	
Nonstick cooking spray			<ol style="list-style-type: none">1. Preheat oven to 350°F.2. Spray a 9" x 5" loaf pan.3. Beat the oil and eggs with a mixer. Add sugar and beat until fluffy.4. Mix flour, oats, baking soda, baking powder, and salt in a bowl.5. Add flour mixture and mashed bananas to oil and egg mixture. Stir until blended.6. Pour mixture into loaf pan. Bake for 50 to 60 minutes. Poke a toothpick near the center of the bread; make sure it comes out clean.7. Remove bread from oven and let it cool for 5-10 minutes. Run a knife between the bread and the side of the pan. Turn the pan upside down on a baking rack. Cool bread before cutting into 16 slices.
Canola oil		1/3 cup	
Eggs, beaten		2	
White sugar		2/3 cup	
All-purpose flour		1/2 cup	
Whole wheat flour		1/2 cup	
Quick cooking oats		1 cup	
Baking soda		1 1/2 tsp	
Baking powder		1/2 tsp	
Salt		1/2 tsp	
Bananas, mashed		1 cup (4 small or 3 medium)	

Serving Size: 1 slice (52 grams) Yield: 16 Servings

Crediting in School Meals: 3/4 oz. grain equivalent

Conventional Oven: Temp: 350°F for 50-60 minutes.

Nutrition Analysis: Serving Size: 1 slice

Calories: 140

Calories from Fat: 45

Total Fat: 5g

Saturated Fat: 1g

Trans Fat: 0g

Cholesterol: 23mg

Sodium: 220mg

Total Carbohydrate: 20g

Dietary Fiber: 1g

Sugars: 10g

Protein: 3g

Vitamin A: 43 IU

Vitamin C: 1mg

Calcium: 8.87mg

Iron: 0.68mg

Adapted from Iowa State University Extension and Outreach – Spend Smart. Eat Smart. <http://www.extension.iastate.edu/foodsavings/>